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## Youth Mental Health Resources

General Resources for Mental Health Care

### [New Jersey Suicide Prevention Hopeline](#)

In addition to providing supporting and caring listening, NJ Hopeline provides referrals and connections to mental health housing, employment, or financial difficulties if needed. Available over the phone, through a live chat, or via email upon filling out a contact form.

**Contact: 1 (855) 654.6735**



### [Second Floor Youth Helpline](#)

The 2<sup>nd</sup> Floor Youth Helpline is a confidential and anonymous helpline for New Jersey's youth and young adults.

**Contact: (888) 222.2288**

**Email: [info@2ndfloor.org](mailto:info@2ndfloor.org)**



### [The Trevor Project: Saving LGBTQ Lives](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & question (LGBTQ+) young people under 25. Available via call, text, or chat on website.

**Contact: (866) 654.6735**

**Trevor Lifeline (in case of crisis): 1 (866) 488.7386**



### [NJ Depart. of Children & Families, Office of Resilience](#)

An online community where people living and working in New Jersey can come together to help prevent adverse childhood experiences (ACEs) and create a healthier, happier state. This public online learning group was created by the NJ ACEs Collaborative, the newly established Office of Resilience, the Center for Health Care Strategies and the New Jersey Education Association — but it is made stronger by the involvement and active participation of all New Jerseyans, including our youth.

**<https://www.pacesconnection.com/g/NJ-Resiliency-Coalition/resources>**



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## Addiction Resources

### Alcoholics Anonymous

Alcoholics Anonymous is a mutual aid program with the primary purpose of enabling its members to stay sober while helping other alcoholics achieve sobriety through a 12 Steps program.

**Contact: (212) 870.3400**

[Alcoholics Anonymous Online Support Groups](#)

[Northern NJ Alcoholics Anonymous \(NNJAA\)](#)

**Contact: (908) 687.8566 or (800) 245.1377**



### Al-Anon Family Groups

Al-Anon Family Groups are mutual support groups of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives.

**Contact: 1 (888) 425.2666**

**Email: [wso@al-anon.org](mailto:wso@al-anon.org)**



### Alateen Meetings

Alateen Meetings are a peer support group for teens who are struggling with the effects of someone else's problem drinking. At Teen Corner, members come together to share experiences, strength, and hope with each other to find effective ways to cope with problems.

**Contact: 1 (888) 425.2666**

**Email: [wso@al-anon.org](mailto:wso@al-anon.org)**



### Gamblers Anonymous

Gamblers Anonymous is a fellowship in which members share their experiences, strength, and hope with each other so that they may solve their common problem and help others to recover from a gambling problem.

[Gamblers Anonymous Online Support Groups](#)

**Contact: (626) 960.3500**

**Hotline: (855) 960.3599**



### Narcotics Anonymous

Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership in which members for whom drugs had become a major problem can meet regularly in hopes of their own recovery and helping each other stay clean.

**Contact: (818) 773.9999**

[Narcotics Anonymous Online Support Groups](#)

[Narcotics Anonymous in New Jersey](#)

**Contact: (732) 933.0462**

**Hotline: (800) 992-0401**

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## Eating Disorder Resources

### [Overeaters Anonymous](#)

Overeaters Anonymous is a community of people who, through shared experience, strength, and hope, are recovering from unhealthy relationships with food and body image.

**Contact: (505) 891-2664**

**[Overeaters Anonymous Online Support Groups](#)**



### [National Eating Disorders Association \(NEDA\)](#)

NEDA is a nonprofit organization dedicated to supporting individuals and families affected by eating disorders and that serves as a catalyst for prevention, cures, and access to quality care.

**Contact: (800) 931.2237**

**For Crisis Situations: text "NEDA" to 741741 to be connected with a trained volunteer at Crisis Text Line**

**Email: [info@nationaleatingdisorders.org](mailto:info@nationaleatingdisorders.org)**



### [National Association of Anorexia Nervosa & Associated Disorders, Inc.](#)

ANAD is the leading nonprofit in the US that provides free peer support services to anyone struggling with an eating disorder, regardless of age, race, gender identity, sexual orientation, or background.

**Contact: (630) 577.1330**

**Email: [anadhelp@anad.org](mailto:anadhelp@anad.org)**



### [Alliance for Eating Disorders Awareness](#)

The Alliance for Eating Disorders Awareness is a national nonprofit organization dedicated to the outreach, education, early intervention, support, and advocacy for all eating disorders.

**Contact: (866) 662.1235**

**Email: [info@allianceforeatingdisorders.com](mailto:info@allianceforeatingdisorders.com)**



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## Resources for the State of New Jersey

### [Center for Young Women's Health](#)

The Center for Young Women's Health website provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders.

**Contact: (617) 355.2994**

**Email: [cywh@childrens.harvard.edu](mailto:cywh@childrens.harvard.edu)**



Center for Young Women's Health

### [Center for Young Men's Health](#)

The Center for Young Men's Health website provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders

**Email: [ymh@childrens.harvard.edu](mailto:ymh@childrens.harvard.edu)**



Young Men's Health

### [HiTOPS Peer Leadership](#)

HiTOPS works with an annual cohort of twenty high school juniors and seniors. Peer Leaders actively participate in leadership training; learn sexual health-related content; and design, develop and implement a diversity of youth-focused interventions around sexual health-related issues for youth throughout NJ.

**Contact: (609) 683.5155**

**Email: [info@hiyops.org](mailto:info@hiyops.org)**



### [Mental Health Association in New Jersey, Inc.](#)

The Mental Health Association in New Jersey is a statewide nonprofit organization that strives for children and adults to achieve victory over mental health and substance use disorders through advocacy, education, training, and services.

**Contact: (800) 367.8850**

**Website: <https://www.mhanj.org/>**

**The Peer Recovery WarmLine: (877) 292.5588**

**NJ Connect for Recovery: (855) 652.3737**



Mental Health  
Association in  
New Jersey, Inc.

### [National Alliance on Mental Illness New Jersey](#)

NAMI is the nation's largest grassroots mental health organization dedicated to educating, advocating, listening, and leading to improve the lives of people with mental illness and their loved ones

**Contact: (732) 940.0991**

**[NAMI New Jersey Online Support Groups](#)**



**nami**  
National Alliance on Mental Illness

**New Jersey**

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### [National Domestic Violence Hotline](#)

The National Domestic Violence Hotline provides 24/7 access to resources and support specifically aimed at teen and young adult relationships.

**Contact: 1 (800) 799.SAFE (7233)**

**Text: START to 88788**

**Website: <https://www.thehotline.org/>**



### [National Suicide Hotline](#)

The National Suicide Hotline is a crisis center that provides immediate counseling at critical times and connects individuals to local services.

**Contact: 1 (800) 273.8255**



### [New Jersey 211](#)

211 provides free, confidential, multilingual, and live assistance 24 hours a day to assist people who need help with basic needs like food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, childcare, senior needs, legal assistance, and transportation.

**Contact: 2-1-1**

**Text: Zip Code to 898-211**

**Email: [info@nj211.org](mailto:info@nj211.org)**



### [NJ Mental Health Cares](#)

NJ Mental Health Cares is a New Jersey behavioral health information and referral service through which staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for mental concerns.

**Contact: (877) 294.4357**



### [rtor.org: Gateway to Mental Health Services](#)

Rtor.org is a free online service that helps people with mental health concerns connect with expert treatment and services. Through the website, families and individuals can contact a Resource Specialist by phone or email for free personalized help with a problem, obtain information about best practices, or consult the Directory of Family-Endorsed providers for recommendations on vetted programs and practitioners.

**Contact: (203) 724.9070**



### [TextTalkAct.com](#)

TextTalkAct is a platform that uses text messaging as a form of communication with youth so as to make them feel more comfortable talking with each other. Paired with small group discussions, participants learn they are not alone and that there are ways to get help. The form on [this page](#) must be completed to get in touch. The program can be used for schools, NAMI chapters, or youth-serving organizations.



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### [Womanspace.org](http://Womanspace.org)

Womanspace provides counseling services for any young person, woman, man, or family impacted by or experiencing domestic and sexual violence.

**Contact: (609) 394.0136**

**24/7 Crisis Line: (609) 394.9000**

**For those who are hard of hearing, text: (609) 619.1888**



### [Go Ask Alice!](http://GoAskAlice!)

Geared at young adults, this question-and-answer website contains a large database of questions about a variety of concerns surrounding emotional health. Fill out this contact form to ask a question related to health surrounding alcohol and other drugs, emotional health, nutrition physical activity, general health, relationships, or sexual reproductive health.



### [GirlsHealth.gov](http://GirlsHealth.gov)

The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents.

**Contact: (800) 994.9662**



### [JED Foundation](http://JED Foundation)

Promoting emotional health and prevent suicide among college students, the JED Foundation provides an online resource center for mental health concerns.

**Contact: (212) 647.7544**

**Director of Public Relations: Manuela McDonough**

**Media Email: [manuela@jedfoundation.org](mailto:manuela@jedfoundation.org)**



The Jed Foundation

### [ULifeline](http://ULifeline)

ULifeline is an anonymous, confidential, online resource center public dialogue forum where college students can locate support on their campus and be comfortable searching for the information they need and want regarding emotional health.

**Contact: (212) 647.7544**

**Email: [ulifeline@jedfoundation.org](mailto:ulifeline@jedfoundation.org)**



### [Kelty Mental Health Resource Center](http://Kelty Mental Health Resource Center)

The Kelty Health Resource Center has helpful reference sheets that list top websites, books, videos, toolkits and support for mental health disorders.

**Local Phone: (604) 875.2094**

**Toll-Free Phone: 1 (800) 665.1822**

**Email: [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca)**



### [National Institute of Mental Health: Child & Adolescent Mental Health](http://National Institute of Mental Health: Child & Adolescent Mental Health)

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A section of the National Institute of Mental Health's website which provides information on the mental health issues and concerns of childhood and adolescence.

Contact: 1 (866) 615.6464

Toll-Free Phone: 1 (866) 415.8051

Email: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)



## Northern New Jersey Mental Health Resources

### [CarePlus New Jersey Mental Health Care](#)

CarePlus is a nonprofit organization that provides comprehensive, recovery-focused integrated primary care, mental health care, and substance abuse rehabilitation services with outpatient services being offered on a voluntary outpatient basis to adults and children at a total of 49 sites.

Register [online](#) or contact their Admissions Department if having difficulty.

Contact: (201) 986.5000

Crisis Helpline: (201) 262.HELP (4357)



### [High Focus Centers](#)

High Focus Centers have outpatient rehabilitation and mental health treatment programs for both adults and teens that offer services for teletherapy, substance abuse, trauma, psychological testing, disordered eating, and more.

Contact: (877) 721.2837



### [Mental Health Association of Passaic County](#)

The mission of the MHAPC is to serve children, adults, and families affected by mental illness through support services, education, and advocacy.

Contact: (973) 478.4444



### [Vantage Health Care System](#)

Vantage Health Care System provides specialized programs and services, including evaluation, support groups, and counseling, for those struggling with addiction, illnesses, or other mental health concerns in outpatient settings.

Contact: (201) 567.0059

For Psychiatric Emergencies: (201) 262.4357

Email: [info@vantagenj.org](mailto:info@vantagenj.org)



### [West Bergen Mental Health Care Facilities](#)

West Bergen Mental Healthcare is a comprehensive mental health center serving the residents of Bergen County and beyond that provides psychological treatment and supportive services.

Contact: (201) 688-7098



## Central New Jersey Resources

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### [Good Grief](#)

Good Grief provides supportive groups and services for youth who have experienced the death of a loved one.

**Contact: (908) 522.1999**

**[Online Contact Form Page](#)**



### [Henry J. Austin Health Center](#)

The Henry J. Austin Health Center provides a variety of health services for children and adolescents. See their website for more information.

**Contact: (609) 278.5900**

**Email: [info@henryjainstin.org](mailto:info@henryjainstin.org)**



### [New Jersey Hope and Healing](#)

The mission of New Jersey Hope and Healing is to assist individuals and communities in recovering from effects of natural and human-caused disasters through community-based outreach and psycho-educational services.

**Contact: (866) 202.HELP (4357)**

**For free emotional support from trained staff:**

**Text "NJHOPE" to 51684**

**Email: [info@mhanj.org](mailto:info@mhanj.org)**



### [PEI Kids](#)

PEI Kids extends resources for youth of any gender who have been sexually abused in the greater Mercer County region.

**Contact: (609) 695.3739**

**Email: [information@peikids.org](mailto:information@peikids.org)**





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## Southern New Jersey Resources

### [South Jersey Behavioral Health Resources](#)

South Jersey Behavioral Health Resources provides behavioral health services to adults, children, and families, including residential, outpatient, intensive outpatient, adult partial care, and homelessness services.

Contact: (800) 220.8081

#### **Crisis Diversion Programs**

*Crisis Diversion programs focus on assisting individuals in identifying and obtaining treatment goals, and providing support and linkages to the services than an individual needs to stay in their own environment and in the community.*

### [Ocean Mental Health Services](#)

687 Route 9 Bayville, NJ 08721

Contact: (732) 269.4849 or (732) 575.1111

Email: [access@oceanmhs.org](mailto:access@oceanmhs.org)



### [Collaborative Support Program of NJ](#)

11 Spring St Freehold, NJ 07728

Contact: (732) 354.4403 or (732) 780.1175



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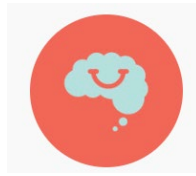
## Self-Care Resources

The following are links to short videos that will help you find calm:

[Safe House for Chill Pill](#)



[Smiling Minds](#)



[Yoga with Adriene](#)



## Meditation Resources:

[Calm](#)



[Simple Habit: The Best Meditation App for Busy People](#)

